

# PLAN AHEAD TO MAKE YOUR FOOD DOLLARS COUNT



Plan ahead so your family can get the foods and nutrients they need each day. Planning at HOME saves you money in the STORE.

**\$ Make Your Food Dollars Count \$**

## AT HOME...

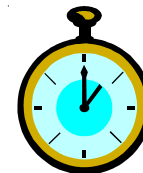
- \$ PLAN so your food money will last through the month.
- \$ PLAN MEALS for a week or more. Think about meals and snacks your family likes. Use leftovers and foods you already have at home.
- \$ MAKE A LIST of the foods and amounts you need.
- \$ Check newspapers to FIND SPECIALS and COUPONS that can make meals cost less.
- \$ Use COUPONS if:
  - ▣ you need the foods, and
  - ▣ the price is less than other brands of the same food.



**Then you are off to the store...**

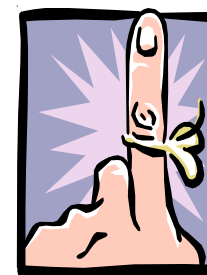
## IN THE STORE...

- \$ Above all, TAKE TIME TO SHOP.



- \$ Shop when you are not hungry.
- \$ It is best to SHOP ALONE. If you take the children, teach them to be smart shoppers, too.
- \$ STICK TO YOUR LIST, but try to use unadvertised specials if they fit your plan.
- \$ WATCH OUT FOR:
  - ▣ end-of-aisle displays
  - ▣ colorful, fancy packaging
  - ▣ goodies near the checkout counter

**They make you buy more!**



**Remember:**  
A bargain is not a bargain unless you need it and can use it.

# HOW DO YOU FIND THE BEST MEAT BUYS?



**Know where the value is.  
With more bone and fat,  
you get fewer servings  
of meat.**

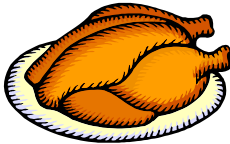
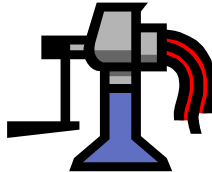

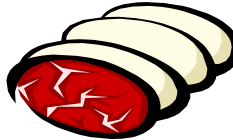
**\$ Make Your Food Dollars  
Count \$**

## TO FIND THE BEST MEAT BUYS...

1. Look at the package of meat.  
Decide on the number of family meals you can get from it.
2. Look at the package price.  
Divide the number of family meals into the package price.  
This gives you the meal cost.
3. Compare the meal cost of different meats.



### Examples of meal costs for a family of 3:

Whole Chicken for 2 meals	Ground Beef for 2 meals	Fish for 1 meal	Rump Roast for 4 meals
			
$\$2.58 \div 2$ <b>= \$1.29</b>	$\$2.22 \div 2$ <b>= \$1.11</b>	$\$2.04 \div 1$ <b>= \$2.04</b>	$\$9.00 \div 4$ <b>= \$2.25</b>

**Each week pick the best buy for your family's meals.**

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